

COMING TO THE KAUSAY WASI CLINIC

(revised 7-9-11)

*******ALSO READ THE GENERAL TRIP COMMENTS IN THE CAMPAIGN FORMS SECTION AT WWW.CCMEDICALTEAMS.ORG*******

PURPOSE

You should be going on this trip not just to fix medical problems, but to make friends. Remember to treat all people with dignity and respect.

THE KAUSAY WASI CLINIC

You will be hosted at the Kausay Wasi Clinic by Guido and Sandy del Prado. The Clinic is about an hour drive from Cuzco in the Sacred Valley of the Incas.

Please visit their website at www.KausayWasi.org.

They have a video on You Tube. Just go to You Tube and type in Kausay Wasi and you should be able to see it.

FLEXIBILITY IS KEY

You will be working with equipment and materials that are effective, but not necessarily the most modern. You will need to be patient and flexible in your problem solving and interaction with your colleagues.

TRIP FEE AND GIFTS

There is usually a \$100 per member fee payable to Capitol City Medical Teams. The entire fee goes to the Kausay Wasi Clinic. It is used to pay for team transportation to and from the Cuzco airport and Clinic in Coya, medical supplies such as IVs and oxygen, your lunches eaten at the Clinic, and additional nursing coverage at the Clinic in the evening and night for patients who need to stay overnight.

It is requested that the fee be paid before the trip.

Some teams make other arrangements with Sandy and Guido. Please consult your team leader as to how your team will handle this situation.

Guido and Sandy request that you not tip the staff. However, if you wish to give small presents to Clinic staff you may. There is no requirement or expectation that gifts need to be given. Just be sure that if you do decide to give small gifts, you need to go through Sandy and Guido so some staff are not left out.

ESTIMATED EXPENSES

You will need to pay in cash for the hotel and food. If you are going to Machu Picchu, that trip will also need cash..

Do not bring torn or worn bills. Also don't bring \$100 bills with serial numbers that begin with the letters 'CB'. A bank refused to accept these bills due to thee being many counterfeit bills that begin with this serial number.

Estimated hotel rates for the Coya Guesthouse are:

Single room \$40/night

Double room \$30/night per person

Triple room \$25/night per person

Food and drink while traveling in airports - as high or low as you want

Estimated food while in Coya

Breakfast is included in your hotel fee if you are staying at the Coya Guesthouse

Lunch \$4.00 (eaten at the Clinic and paid only if your team doesn't pay the \$100 trip fee.)

Dinner \$7.00 (beverages are not included if you eat at the Coya Guesthouse)

Machu Picchu Trip

Transportation by taxi/van from Coya to Ollantaytambo about \$10 per person

Train fee to Agua Calientes \$66-\$96 (Sandy del Prado can purchase this for you.)

Bus Fare from Agua Calientes to Machu Picchu \$14

Entrance Fee to Machu Picchu 124 soles paid in soles NOT U.S. dollars (about \$42.)

(Students get a discount on the entrance fee if they can produce student identification.)

TOTAL Machu Picchu: \$128 - \$158

Lunch is on your own. There is an expensive "café" at Machu Picchu.

You can eat at the Machu Picchu hotel there if you really want to spend lots of money.

Some people prefer to eat in Agua Calientes.

Be careful because some people have gotten sick here.

Take lots of water, a hat, insect repellent, and sunscreen.

Wear long pants. There is an insect that bites people and it may cause a reaction.

The climb to Wayna Picchu is free, but you must register/depart before 1:00 PM.

Wayna Picchu is also limited to the first 500 people.

Many places DO NOT accept credit cards.

MONEY

You do not need to exchange money into Peruvian soles before your trip. If you choose to, you will receive a much lower rate than is available in Peru. There are exchange houses in Cuzco and ATMs in Pisac and Urubamba, which are near Coya. But there are no ATM's in Coya. Sandy del Prado may be able to do some exchanges for you if you give her advance notice.

RECEIPTS

Keep your receipts for the hotel, food, airport taxes, and other trip related expenses. See the Expense Instruction Sheet to learn how to deduct parts of your trip expenses.

The Machu Picchu trip is not deductible.

DRINKING WATER

It is recommended that you drink bottled water instead of tap water.

The Coya Guesthouse sells chilled water, and other beverages, in a refrigerator located on the first floor of the hotel.

The Kausay Wasi Clinic also sells bottled water, although it's not chilled; however, it is cheaper than the hotel's water.

The Kausay Wasi Clinic also has a special faucet located outside the main office for people to refill water bottles for free. The water has been purified and is safe to drink.

PACKING

You will get the following papers from your team leader and you should pack them in your CHECKED baggage:

- Letter of invitation from the Kausay Wasi Clinic.
- Two documents authenticating Asociación Civil Protora de Salud Social Prosalud Calca (provided by the Clinic) as a registered Peruvian non-profit organization.
- Checked luggage inventory of medical supplies only.

Keep a copy of each of the above with you at all times either in your carry-on luggage or person,

The climate in Coya is generally cool in the morning, warming up in the afternoon and getting cool again in the evening.

For the Machu Picchu trip, bring sunscreen, insect repellent, and a cap.

Guido del Prado says you shouldn't wear short pants or sandals (opened toed shoes) at the Clinic because it is disrespectful to the local people. When you are in the market or other tourist areas, then short pants and sandals are acceptable.

LAUNDRY

There are laundry machines available at the Coya Guesthouse for a small fee.

LUGGAGE TAGS

It is recommended that you attach a lettered luggage tag to your checked suitcase so you can identify your luggage and verify if your team has all its luggage before departing the airport.

Return the luggage tags to whomever issued them so they can be reused.

LUGGAGE

Make sure your luggage conforms to the weight and dimension restrictions of the airline you are flying on.

Check your luggage all the way to Cuzco if possible. You will still have to retrieve it in Lima and recheck it at your carrier's counter. Otherwise you may have to pay additional fees or worse, the airlines may refuse to take your bags.

TRAVELING - GETTING THERE

FORMS

On the way to Peru, a flight attendant will give you a health disclosure form about yourself, an immigration form and a customs form for you to fill out. The flight attendant will collect the health disclosure form before you land. Do not declare anything on these forms and do not identify your reason for entering the country unless specifically asked.

IMMIGRATION

After you exit the plane you will need to go through an immigration line. You will need your passport and customs and immigration forms provided by the airline. Immigrations will collect the customs form and a portion of the immigration form. Make sure you keep the remaining form the immigration agent gives you. You will need it at the Coya Guesthouse and to exit the country.

CUSTOMS

Then you will need to retrieve your luggage for customs to inspect it. (Even though your luggage was checked to Cuzco, you will still need to retrieve it.) When you get to the front of the line, you will push a button. If it shows green, you may pass through. If it shows red, you will need to have your luggage inspected, so go where you are told. It could simply be a CTX scan or it could involve opening your suitcase. This is when you show your letter of invitation and Customs forms provided by the Clinic. If anything is confiscated, make sure you get a receipt for it.

CHECK-IN

Once you are finished with customs, proceed to the check-in counter for your airlines. You can try the automated check-in machines, but they usually don't work. Check your luggage in. If the attendant tries to charge you for checking your luggage, remind him/her that you are simply continuing on to another city from your international flight to Peru. This usually solves any difficulty. Get your boarding pass.

AIRPORT TAX AND SECURITY SCREENING

Before you get on your plane, you will need to pay an airport tax of about \$11. Then you proceed to security screening like the TSA does in the United States. Finally you can report to your gate and

eventually board your airplane. When you arrive in Cuzco, someone from the Clinic should be there to pick you up and drive you and your team to Coya. It's about an hour drive.

TRAVELING - GOING HOME

CHECK-IN

If possible, check your luggage all the way to your final destination.

AIRPORT TAX/SECURITY SCREENING

Pay your airport tax and go through security.

IMMIGRATION - GETTING OUT OF THE COUNTRY

Line up for Immigration. Show your passport and half sheet of paper you filled out before you landed to the immigration official.

IMMIGRATIONS - GETTING BACK INTO THE UNITED STATES

You will be given some papers to fill out on the airlines. When you get off the plane, line up for going through immigration.